

Trends in the epidemiology of asthma in England: a national study of 333,294 patients

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DECLARATIONS

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None declared

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Summary

Background Observations in the UK at the end of the last century found increasing trends of asthma prevalence over time. However, it has been reported that the number of new cases of asthma presenting to general practice has declined, especially among younger children.

Aim To study national trends in the epidemiology of asthma.

Methods A cross-sectional observation analysis was performed using the QRESEARCH database, which is one of the world's largest national aggregated health databases containing records from 422 English practices yielding 30 million patient-years of observation. Data was extracted on 333,294 individuals with a recorded diagnosis of asthma and calculated annual age—sex standardized incidence, lifetime period prevalence and asthma-related prescribing rates for each year from 2001–2005.

Results The incidence rate of asthma decreased in all patients (2001: 6.9 (95% confidence intervals [CI] 6.8–7.0); 2005: 5.2 (95% CI 5.1–5.3) per 1000 patient-years, p<0.001), but most particularly in children under 5 years of age (–38.4%) where a decrease in the lifetime prevalence of asthma (–34.3%) was also found. However, the lifetime prevalence rate of asthma for adults increased (15–44 years: 23.3%; 45–64 years: 27.7%; >65 years: 21.5%) with an estimated 5,658,900 (95% CI 5,639,700–5,678,200) or approximately one person in nine having being diagnosed with asthma in England. The number of asthma-related prescriptions also increased over the study period (17.1%), such that in 2005 an estimated 32,577,300 (95%CI 32,531,600–32,623,000) prescriptions were issued.

Conclusions This large national study reveals that the rate of new diagnoses of asthma appears to have passed its peak; however, the number of adults with a lifetime asthma diagnosis continues to rise. Whether these trends are genuine or are a result of the introduction of incentives and guidelines to improve identification and recording of asthma or changing diagnostic trends is a question with important public health implications and one, therefore, that warrants detailed further enquiry.

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Information Centre

Introduction

Asthma is one of the most important chronic conditions in the UK, affecting patients' quality of life and posing a high level of burden on health services. Observations in the UK at the end of the last century found increasing trends of asthma prevalence over time.^{2,3} However, it has been reported that the number of new cases of asthma presenting to general practice has declined, especially among younger children.4

This study of national trends in the epidemiology of asthma was commissioned by the Chief Medical Officer for England because of growing concern about the high prevalence, disease burden and healthcare costs (£800 million [€880 million] annually) associated with asthma (and other respiratory disorders) and is being used to inform policy deliberations on allergy and respiratory service provision in England.⁵

Methods

Version 10 of the ORESEARCH database was used for these analyses. This database contains broadly representative anonymized aggregated health data derived from 422 primary care practices throughout England. Data were available for each year during the period 1 January 2001-31 December 2005, these comprising of between 2.8 and 3 million individual patients who collectively contributed over 30 million patient-years of observation. All individuals resident in England (including children) are registered with primary care, which is free at the point of contact. The methods used to collect primary care data for the QRESEARCH database have been previously described.6-9

Patients were characterized by gender, age (under 5 years; 5-14 years; 15-44 years; 45-65 years; >65 years), deprivation (area-based Townsend deprivation quintiles), and were included in the analysis year if they were registered for the entire year of study. Patients with incomplete data (i.e. temporary residents, newly-registered patients and those who joined, left or died during the study year) were excluded.

The patients analysed in this study were considered to have asthma if they had a relevant computer-recorded diagnostic Read code (Box 1) in their electronic health record during the time period of interest (occupational asthma was not

Box 1 Asthma R	ead codes used in the analysis				
Read codes	Read term				
H33	Asthma				
H33-1	Bronchial asthma				
H330	Extrinsic (atopic) asthma				
H330-1	Allergic asthma				
H330-2	Childhood asthma				
H330-3	Hayfever with asthma				
H330-4	Pollen asthma				
H3300	Extrinsic asthma without status asthmaticus				
H3300-1	Hay fever with asthma				
H3301	Extrinsic asthma with status asthmaticus				
H3301-1	Extrinsic asthma with asthma attack				
H330z	Extrinsic asthma NOS				
H331	Intrinsic asthma				
H331-1	Late onset asthma				
H3310	Intrinsic asthma without status asthmaticus				
H3311	Intrinsic asthma with status asthmaticus				
H3311-1	Intrinsic asthma with asthma attack				
H331z	Intrinsic asthma NOS				
H332	Mixed asthma				
H333	Acute exacerbation of asthma				
H334	Brittle asthma				
H33z	Asthma unspecified				
H33z-1	Hyper-reactive airways disease				
H33z0	Status asthmaticus NOS				
H33z0-1	Severe asthma attack				
H33z1	Asthma attack				
H33z1-1	Asthma attack NOS				
H33z2	Late-onset asthma				
H33zz	Asthma NOS				
H33zz-1	Exercise induced asthma				
H33zz-2	Allergic asthma NEC				
H33zz-3	Allergic bronchitis NEC				

included in this analysis). Incidence was defined as the number of patients with a new case of asthma diagnosed in a specific year, with the denominator being the number of patient-years of observation (calculated from the number of patients registered with practices and their length of registration). Lifetime prevalence was defined as the number of people with asthma ever recorded on at least one occasion in the general practice (GP) records; the denominator used to calculate the lifetime prevalence rate was the number of patients registered

Year	Total patients (n)	Patients with asthma (n)	Age–sex standardized rate per 1000 patient-years (95% CI)	Relative % change in standardized rate (from 2001
Incidence				
2001	2,864,938	18,883	6.9 (6.8–7.0)	0
2002	2,890,190	18,611	6.7 (6.6–6.8)	-2.7
2003	2,921,178	17,226	6.1 (6.1–6.2)	-11.0
2004	2,922,024	17,947	6.4 (6.3–6.5)	-7.8
2005	2,958,366	14,870	5.2 (5.1–5.3)	-24.4
Lifetime prevalence				
2001	2,864,938	285,941	100.5 (100.1–100.9)*	0
2002	2,890,190	301,048	104.8 (104.4–105.2)*	4.3
2003	2,921,178	315,559	108.5 (108.2–108.9)*	8.0
2004	2,922,024	325,857	111.9 (111.5–112.2) *	11.3
2005	2,958,366	333,294	113.0 (112.6–113.4) *	12.4

with the study practices. Prescribing data were also used to determine the total number of asthmarelated prescriptions issued by QRESEARCH practices in each year of study.

All analyses were conducted using de-identified data and were subject to the QRESEARCH research governance process.

Definitions

Asthma was defined as patients who have Read codes H33 and below (Box 1). Asthma-related prescriptions were defined according to the new General Medical Services contract.¹⁰ These drugs included bronchodilators (British National Formulary [BNF] chapter 3.1), inhaled corticosteroids (BNF chapter 3.2), and cromoglycates and related therapies (BNF chapter 3.3). In England, these drugs can only be prescribed by a clinician, usually based in a primary care practice.

Statistical methods

As a result of known age and sex variations, rates of disease and prescribing were standardized by sex and five-year age bands. The mid-year population estimates for England in each year of study were used as the reference population. These results were then used to estimate the numbers of people with asthma in England. Where appropriate, χ^2 tests were used to test whether there

were statistical associations between categorical variables. The Mantel-Haenszel χ^2 test was used to investigate trends over time, this analysis being undertaken using EpiInfo2000 (Centers for Disease Control and Prevention, Atlanta, Georgia, USA). Where appropriate, 95% confidence intervals (95% CI) are reported.

Results

We estimated that 261,400 (95% CI 257,200-265,700) of 50 million people in England were newly diagnosed with asthma in 2005. We estimated that 5,658,900 (95% CI 5,639,700-5,678,200) had a GP recorded diagnosis of asthma, this translating into approximately one person in nine being diagnosed with asthma at some point in their lives. An estimated 3,257,000 (95% CI 3,242,400-3,271,600) people with asthma were prescribed an asthma-related drug. An estimated total of 32,577,300 (95% CI 32,531,600-32,623,000) asthmarelated prescriptions were issued to patients in England in 2005.

Trends in incidence rate

Between 2001 and 2005, there was a decrease in the incidence rate of asthma in England (Table 1). Decreases in incidence were found in all groups of patients, the largest of which was in pre-school children (i.e. <5 years; Table 2). The incidence rate

Incidence rate of asth	ma by gender, a	ge and socioeconomic	status			
Group Year		Total patients (n)	New patients with asthma (n)	Age–sex standardized rate per 1000 patient- years (95% CI)*	Relative % change in standardized rate (from 2001)	
Gender						
Women	2001	1,444,314	10,241	7.3 (7.2–7.4)		
	2005	1,485,738	8159	5.6 (5.5–5.7)	-23.2	
Men	2001	1,420,624	8642	6.5 (6.4-6.6)		
	2005	1,472,628	6711	4.8 (4.7-4.9)	-25.8	
Age band (years)						
0–4	2001	126,348	2891	22.9 (22.1-23.7)		
	2005	125,020	1781	14.3 (13.6-14.9)	-38.4	
5–14	2001	366,063	4153	11.4 (11.0-11.7)		
	2005	361,784	3033	8.4 (8.1–8.7)	-27.0	
15-44	2001	1,187,858	6248	5.3 (5.1-5.4)		
	2005	1,226,462	5459	4.5 (4.3–4.6)	-12.6	
45–64	2001	710,416	3429	4.8 (4.7–5.0)		
	2005	757,380	2892	3.8 (3.7-4.0)	-15.7	
65+	2001	474,253	2162	4.6 (4.4–4.8)		
	2005	487,720	1705	3.5 (3.3-3.7)	-21.1	
Deprivation						
Quintile 1 [†]	2001	634,434	3785	6.3 (6.1–6.5)		
	2005	648,634	2834	4.6 (4.4–4.8)	-26.5	
Quintile 2	2001	565,812	3440	6.5 (6.2–6.7)		
	2005	580,431	2681	4.9 (4.7–5.1)	-24.2	
Quintile 3	2001	536,218	3489	6.9 (6.7–7.1)		
	2005	552,702	2783	5.3 (5.1–5.5)	-22.9	
Quintile 4	2001	497,925	3515	7.4 (7.1–7.6)		
	2005	515,271	2765	5.5 (5.3–5.8)	-24.8	
Quintile 5	2001	535,216	4139	8.0 (7.7–8.2)		
	2005	567,835	3361	6.0 (5.8-6.2)	-24.2	

^{*} Crude rates are reported by age band

of asthma was highest in this age group (when compared to older age groups) with one person in 70 being newly diagnosed in 2005.

Trends in lifetime prevalence

Over the study period, the recorded lifetime prevalence of asthma increased (Table 1). The recorded lifetime prevalence for different groups of patients with asthma can be seen in Table 3. School-aged children (i.e. 5–14 years) had the highest lifetime prevalence of asthma, with almost one in six having been diagnosed with asthma at some point in their lives. Significant decreases in lifetime prevalence over time were found in pre-school and

Trends in asthma-related prescribing

The rate of asthma-related prescriptions per 1000 patients increased during the study period from 556.6 per 1000 (95% CI 554.7–556.4) in 2001 to 650.3 per 1000 patients (95% CI 649.4–651.2) in 2005, this representing a 17.1% rise (p<0.001). Older patients (>65 years) received the most prescriptions per head of population (Table 4). Over the study period, the rate of asthma-related prescriptions increased in all groups except for pre-school children

school-aged children (p<0.001). Significant in-

creases occurred in all other age groups (p<0.001).

[†] Most affluent group of patients

Lifetime prevalence rate of asthma by gender, age and socioeconomic status								
Group	Year	Total patients (n)	Patients with asthma (n)	Age–sex standardized rate per 1000 patients (95% CI)*	Relative % change in standardized rate (from 2001)			
Gender								
Women	2001	1,444,314	145,253	100.6 (100.1–101.1)				
	2005	1,485,738	170,631	114.5 (113.9–115.0)	13.8			
Men	2001	1,420,624	140,688	100.3 (99.8–100.9)				
	2005	1,472,628	162,663	111.4 (110.9–112.0)	25.8			
Age band (years)		•					
0–4	2001	126,348	7963	63.0 (61.7–64.6)				
	2005	125,020	5231	41.8 (40.7–43.0)	-34.3			
5–14	2001	366,063	59,285	161.9 (160.8–131.5)				
	2005	361,784	56,702	156.7 (155.5–157.9)	-4.4			
15–44	2001	1,187,858	126,226	106.3 (105.7–106.8)				
	2005	1,226,462	155,670	126.9 (126.3–127.5)	23.3			
45–64	2001	710,416	53,951	75.9 (75.3–76.6)				
	2005	757,380	68,885	91.0 (90.3–91.6)	27.7			
65+	2001	474,253	38,516	81.2 (80.4–82.0)				
	2005	487,720	46,806	96.0 (95.1–96.8)	21.5			
Deprivation		,	,					
Quintile 1 [†]	2001	634,434	60,048	97.7 (96.9–99.0)				
	2005	648,634	69,710	111.2 (110.3–112.0)	13.8			
Quintile 2	2001	565,812	54,517	98.7 (97.9–99.6)				
	2005	580,431	63,721	112.4 (111.5–113.3)	13.8			
Quintile 3	2001	536,218	54,041	101.7 (100.9–102.6)				
	2005	552,702	62,860	114.3 (113.4–115.2)	12.3			
Quintile 4	2001	497,925	52,084	104.7 (103.8–105.6)				
	2005	515,271	60,718	117.3 (116.4–118.3)	12.1			
Quintile 5	2001	535,216	57,122	106.5 (105.6–107.4)				
	2005	567,835	67,365	119.0 (118.1–119.9)	11.7			

Crude rates are reported by age band

in whom there was a decrease in the rate of prescribing for asthma treatments (p<0.001).

Socioeconomic variations

There were substantial socioeconomic differences found in the rates of asthma, with the most deprived (quintile 5) having higher incidence (Table 2) and lifetime prevalence of asthma (Table 3) and higher rates of being prescribed asthma-related drugs (Table 4) than the most affluent patients (quintile 1; p<0.001).

Discussion

This study, using routinely collected electronic data from one of the world's largest national

data-sets, has confirmed that asthma is extremely common, and that despite an apparent decrease in the number of people newly presenting with the disease, the number of those with a lifetime diagnosis and prescriptions of asthma-related drugs issued by primary care continues to grow. However, conversely, we have found evidence that in children, the rate of new and lifetime diagnosed prevalence of asthma and the issuing of asthma-related prescriptions (for pre-school children < 5 years) appears to be declining. Substantial socioeconomic differences were also found in the rates of asthma, with the most deprived having higher incidence and lifetime prevalence of asthma and higher rates of being prescribed an asthma-related drug.

Most affluent group of patients

Group	Year	Total patients	Prescriptions	Prescriptions per 1000	Relative % change in	
Стоир	Tear	(n)	(n)	patients per year (95% CI)*	standardized rate (from 2001)	
Gender						
Women	2001	1,444,314	865,409	587.3 (586.1-588.6)		
	2005	1,485,738	1,076,906	709.4 (708.1–710.8)	20.8	
Men	2001	1,420,624	751,682	522.4 (521.2–523.6)		
	2005	1,472,628	882,996	588.9 (587.6–590.1)	12.7	
Age band (year	s)	• •	•	,		
0–4	2001	126,348	32,870	260.2 (257.7-262.8)		
	2005	125,020	25,896	207.1 (204.9–209.4)	-21.2	
5–14	2001	366,063	174,124	475.7 (474.1–477.3)		
	2005	361,784	177,625	490.1 (489.3–492.6)	2.0	
15–44	2001	1,187,858	443,838	373.7 (372.8–374.5)		
	2005	1,226,462	529,168	431.4 (430.6–432.3)	19.2	
45-64	2001	710,416	445,052	626.5 (625.3-627.6)		
	2005	757,380	576,942	761.8 (760.8–762.7)	29.6	
65+	2001	474,253	521,207	1099.0 (1096.0–1102.0)		
	2005	487,720	650,271	1333.3 (1330.0–1336.5)	24.8	
Deprivation		•	•	•		
Quintile 1 [†]	2001	634,434	306,829	468.1 (466.4–469.8)		
	2005	648,634	371,855	541.9 (540.1–543.7)	15.8	
Quintile 2	2001	565,812	292,763	499.8 (498.0–501.7)		
	2005	580,431	357,904	583.8 (581.9-585.8)	16.8	
Quintile 3	2001	536,218	309,274	561.8 (559.8–563.8)		
	2005	552,702	375,716	659.1 (657.0–661.2)	17.3	
Quintile 4	2001	497,925	313,379	635.9 (633.7–638.1)		
	2005	515,271	375,532	749.3 (746.9–751.7)	17.8	
Quintile 5	2001	535,216	358,819	719.8 (717.4–722.1)		
	2005	567,835	438,293	865.1 (862.5–867.7)	20.2	

Crude rates are reported by age band

Main strengths and limitations of this work

The main strengths of this study include our interrogation of patient-level computerized data from an extremely large nationally representative dataset, the fact that all contributing practices used the same computing systems for electronically recording clinical data, the approach used to ensure that all contributing practices were accustomed to electronically recording routine data, and the use of contemporaneous clinician recording of a diagnosis of asthma as opposed to patient selfor parental reporting of historical diagnoses or symptoms. The study design employed ensured that there was no risk of selection bias due to non-responders or recall bias.

There are a number of limitations related to the use of large routinely collected data from primary care, including the dependence on clinicianrecorded diagnosis of asthma (especially as diagnostic tests [e.g. spirometry] used to confirm or refute diagnoses were not available), possible improvements in recording over the study time period and a lack of information on the dispensing of drugs from pharmacies or evidence of patient adherence to prescribed medications. The relatively short time window over which trends were studied is another limitation, and although this did have the advantage of confining analysis to a period during which there were relatively few changes in disease definition, the introduction of the new General Medical Services Contract to UK

[†] Most affluent group of patients

Comparison of UK epidemiological data for asthma							
Source	Time period	Age group	Outcome measured	Results	Change over time		
MSGP3 ²⁶	1981–1982	All patients	Patients with a new episode of asthma	19.2 per 1000	14.7 per 1000		
MSGP4 ²⁷	1991–1992	All patients	Patients with a new episode of asthma	33.9 per 1000			
ISAAC Phase One ²⁸	1995–1996	6–7 years	12-month period prevalence self-reported wheezing or whistling in UK	18.4%	2.5%		
ISAAC Phase Three ²⁸	2002–2003	6–7 years	12-month period prevalence self-reported wheezing or whistling in UK	20.9%			
ISAAC Phase One ²⁸	1995–1996	13–14 years	12-month period prevalence self-reported wheezing or whistling in UK	31.0%	-6.3%		
ISAAC Phase Three ²⁸	2002–2003	13–14 years	12-month period prevalence self-reported wheezing or whistling in UK	24.7%			
Aberdeen School Children Cohort ²⁹	1964–1999	10.6 years (mean)	Self-reported prevalence of ever having asthma	4.0% to 24.0%	20.0%		
HSE ³⁰	1995–1996 2000–2001	Men Men	Lifetime prevalence of doctor-diagnosed asthma Lifetime prevalence of doctor-diagnosed asthma	11.0% 13.0%	2.0%		
HSE ³⁰ HSE ³⁰	1995–1996 2000–2001	Women Women	Lifetime prevalence of doctor-diagnosed asthma Lifetime prevalence of doctor-diagnosed asthma	12.0% 16.0%	4.0%		

MSGP - Morbidity Statistics from General Practice; ISAAC - The International Study of Asthma and Allergies in Childhood; HSE - Health Survey for England

> primary care in April 2004, which introduced incentives to create and maintain a registry of patients with asthma (aged over 8 years and with one asthma-related prescription), may have influenced the prevalence of asthma toward the latter end of the study period. Data regarding childhood incidence and prevalence may be underestimated, as the ascertainment of disease present in the community will be dependent on parents bringing their children for consultation.¹¹ The inadequacy of Read codes for asthma (as well as other allergyrelated conditions) has previously been reported and this may have contributed to underrecording.¹² Prescribing data are not available by clinical indication and, therefore, it is possible that for a proportion of older patients, prescriptions for other respiratory diseases such as chronic obstructive pulmonary disease are included.

Comparison of findings with other published work

Our findings suggest that the increasing trend in lifetime physician-diagnosed asthma found in repeated surveys (Table 5) and by the large UK electronic General Practice Research Database (GPRD) between 1990 and 1998 (5% to 9%) continued between 2001 and 2005 in the QRESEARCH database (10% to 11%).13 Recent declines that were found in the incidence of asthma for schoolage children aged 5-14 years (GPRD 1990-1998: 3.2% to 1.5%) appear also to have continued (QRESEARCH 2001-2005: 1.1% to 0.8%). A declining prevalence of asthma in children has been reported during a similar time period (2000-2005) in Australia.¹⁴ Our estimated rate of 34 million prescriptions in 2005 is somewhat lower than reported elsewhere (39.8 million).³ The association of asthma incidence and prevalence with socioeconomic deprivation has been previously described.¹⁵

Meaning of the study results: possible mechanisms and implications for clinicians and policymakers

Our data could be interpreted as indicating that asthma may now be decreasing in children. However, these results need to be interpreted in the context of other studies, which have reported increases over the same time period (using ORESEARCH data) in the prevalence of eczema, allergic rhinitis and multiple allergies children,⁷⁻⁹ increases in atopic sensitization in repeated UK birth cohorts over a 25-year window, 16 and increases in the prevalence of asthma globally.¹⁷ It is, therefore, likely that rather than a reduction of more persistent wheezing associated with allergic sensitization (i.e. the 'classic' asthma phenotype), 18 what we may be witnessing is the impact of revised national asthma guidelines, ¹⁹ with the recognition that infants and pre-school children who wheeze may not be asthmatics, but are wheezing secondary to small airway or respiratory viral infections thus resulting in a diagnostic shift from 'asthma' to labels such as 'wheeze' or 'acute respiratory infection'. 20 For adults, the reduction in incidence rates could also reflect a growing concern that, after years of under-diagnosis, asthma may now be over-diagnosed in primary care. 10 It is also possible that the observed changes in disease incidence and prevalence could have been affected by the introduction of the new incentivized General Medical Services contract, whereby payments are made to practices to keep accurate registers of patients with diseases such as asthma.²¹ However, despite these changes in recorded incidence, increases in the lifetime prevalence of asthma and asthma-related prescribing appears to be continuing, such that by 2005 an estimated 5.7 million people in England were diagnosed with asthma, with over half of these (3 million) requiring recent medical treatment. It is possible that this is the result of changes in environmental factors over time which has favoured the expression of allergic disease in those who are genetically susceptible.²² However, it is also possible that increases in the rate of these conditions could have resulted from increased clinician awareness of allergic problems, which may then have led to improved identification and recording of asthma. Similarly, increased patient awareness of the potential of accessing effective treatments may have resulted in increased case presentation and prescribing in primary care. Although data were not available on smoking, it is likely that higher rates of smoking among the more socioeconomicallydeprived groups of patients²³ will have contributed to the substantial socioeconomic differences found in the rates of asthma and asthma-related prescribing.

Whatever the cause, the increasing number of people with asthma in England poses a substantial disease burden on primary care services. ^{24,25}

Conclusions and future research

This large national study reveals that the rate of new diagnoses of asthma appears to have passed its peak. However, the number of adults with a lifetime asthma diagnosis continues to rise. Whether these trends are genuine or are a result of the introduction of incentives and guidelines to improve identification and recording of asthma or changing diagnostic trends is a question with important public health implications and one, therefore, that warrants detailed further enquiry.

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